

Chicken and Rice Stir Fry

Chicken and rice is a common meal for recovering from stomach ailments, regardless of species. Check with a veterinarian for amounts of chicken and rice, length of time to feed, and even preferred recipes for pets. Chicken and rice is sometimes a spring board for delicious combinations, whether with baked chicken and boiled vegetables, or as a stir fry. Boiled rice is covered elsewhere in the cookbook. This dish is easily adjustable. Make notes of favorite combinations to try again. Stir fries can use up bits of leftovers in the fridge, or can be prepared and frozen in small batches.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

Optional Pre Cook Preparation:

- A. Bake and chop chicken.
- B. Rice can be previously fluffed by soaking in water.

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables or chicken can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Chicken
- Clams
- Crab
- Eggs
- Mushrooms
- Onions

Pepper
Potatoes
Pork
Shrimp
Soy Sauce (gluten)
Spices
Spinach
Turkey

Meatless Preparation Avoid:

Beef
Butter
Chicken
Clams
Crab
Eggs
Pork
Shrimp
Turkey

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:

Meat:

1 cup of chopped chicken

Optional:

1/4 cup of diced beef
1/4 cup of diced crab
1/4 cup of diced pork
1/4 cup of diced shrimp
1/4 cup of diced turkey

Vegetables:

- 1/4 cup of carrots
- 1/4 cup of mushrooms
- 1/4 cup of peas
- 1/4 cup of dried rice, (appears to be more when soaked)
- Optional (Only choose 1 or 2)
 - 1/4 cup of black eyed peas
 - 1/4 cup of pinto beans
 - 1/4 cup of red beans
 - 1/4 cup of spinach

Other ingredients:

- Cooking oil
- Dash of salt
- Spices, such as pepper, to taste
- Optional:
 - Soy sauce (gluten free)

Preparation time: 10 minutes

Preparation:

1. Chop:
 - Chicken
 - Optional:
 - Crab
 - Shrimp
2. Add enough cooking oil to fully coat the bottom of the 8 inch frying pan.
3. Add a dash of salt.
4. If 1/4 cup of dried rice is still hard, soak it in the oil and then cook on medium until almost soft.
5. Add:
 - 1/4 cup of carrots
 - 1/4 cup of mushrooms
 - 1/4 cup of peas
 - Add 1 or 2 of optional vegetables:
 - 1/4 cup of black eyed peas
 - 1/4 cup of pinto beans
 - 1/4 cup of red beans
 - 1/4 cup of spinach
 - Add optional:
 - 1/4 cup of diced crab

1/4 cup of diced shrimp, or
Soy sauce, to taste

6. Fry until mixture comes to almost a boil.
7. Turn heat down, stirring every 5 minutes.
8. Add cooking oil if necessary.

Cook Temperature: Medium to low

Cook Time: About 30 minutes

Servings: 3 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.